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Institutional Feeding Managers 1942 NB Int C

Stewards-Chefs-Cooks

ATTENTION PLEASE !

October 16, 1944

PROCEDURE FOR HANDLING AND SERVING MEAT

If meat is to be served immediately after cooking, let it stand fifteen minutes to "set" before slicing so that it can be sliced to good advantage. All the time it is being served keep it steaming hot - (not lukewarm).

If meat is to be served later -

1. TO COOL

Remove all broth, cover with clean cloth, and cool quickly.

Do not stack meat. Put in refrigerator before it is quite cold.

2. TO SLICE

Remove from refrigerator in small amounts.

Slice and return immediately to refrigerator.

Repeat until meat is cut up.

3. TO REHEAT

(a) Remove from refrigerator only as it is. needed.

(b) Pour boiling stock over sliced meat. (Boiling water could be used if no stock is available).

(c) Heat in oven or pressure steamer until thoroughly heated.

(d) Remove to hot steamtables and keep hot all the time it is being served.

If meat is left after serving, use process No. 1 for cooling.

If using leftovers, use process No. 3

(over)

POT-ROASTS

Beef pot-roast, a long remembered favorite, is delicious and tender when correctly prepared. Regardless of its seasonings which are many and varied, a pot-roast is cooked by braising -as follows:

1. Use any chunky, less-tender piece of beef, such as a cut from the arm, chuck, plate, sirloin tip, rump or heel of round.

2. Brown slowly on all sides in a small amount of beef fat, lard or drippings. Dredging the meat well in flour, increases the browning and develops flavor.

3. Season well, and add a small amount of liquid; a piece of fat or a layer of chopped suet may be placed on top of the meat.

4. Cover closely, and simmer (not boil) until tender, about 45 minutes to one hour per pound, or in most cases a total of about 4 hours for "Utility" beef.

5. Make gravy from the liquid in the pan and serve over the sliced pot-roast.

VARIATIONS

(Ingredients added to Basic Recipe)

SPICED POT-ROAST

Add Onions, Vinegar, Bay Leaves, Pepper and Whole Cloves.

PUERTO RICAN POT-ROAST

Add sliced stuffed olives, diced salt pork, catsup, sliced onions.

DANISH POT-ROAST

Add brown sugar, vinegar.

SPANISH POT-ROAST

Add Minced green pepper, sugar, minced onion, canned tomatoes.

CREOLE POT-ROAST

Add Lemon juice, bay leaves, minced onion, allspice, canned tomatoes.

SAVORY POT-ROAST

Add salad oil, vinegar, peppercorns, cloves, onion.

CAPE COD POT-ROAST

Add horseradish.

YANKEE POT-ROAST

Add bay leaves, parsley, raisins, carrots, onions, potato and a small amount of sliced turnip.